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Ijen Suites Resort and Convention
Malang, Indonesia

**Basic Science for Improving
Survival & Quality of Life**

Sub Topics:

Botany

Environmental Science and Technology

Instrumental and Measurement



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Plants in *Ai Tahan*, Traditional Medicine of the Tetun Ethnic Community in West Timor Indonesia

Maximus M. Taek^{1*} and Simon Mali²

¹Chemistry Departement Faculty of Mathematics and Natural Sciences, Widya Mandira Catholic University, Jln. Jend. A. Yani no. 50-52 Kupang 85115, Indonesia

²Hati Tersuci Maria Catholic Junior High School, Halilulik 85711, Indonesia

* *Corresponding authors*: maximusmt2012@gmail.com

Abstract – For thousands of years, plants become important part of man's efforts to prevent, cure, and treat various diseases. Many people in developing countries still rely on plant-based traditional medicines. Therefore, it is important to conduct researches in botanical, chemical and pharmacological fields, to support the prospect of utilizing the medicinal plants in modern society. The purposes of this study were to collect, identify, and documenting the plants used in "*ai tahan*" traditional medicine of the Tetun ethnic community in Belu, West Timor Indonesia. The study was conducted by using field method, and then the data were collected by an open and semi-structured interviews, observations, and documentations. Eleven traditional healers namely "*makdok*", or "*dok*", or "*dauk*", were involved in this study, 6 are men and 5 are women, aged between 40-60 years. The results were analyzed and presented in descriptive qualitative and quantitative. The study revealed 142 species of plants belongs to 62 families used in the various formulas of "*ai tahan*". The plants consist of 71 were trees, 18 shrubs, 15 lianas, 33 herbs, 2 ferns, and 1 parasite, orchid and also lichen. Fabaceae/Leguminosae is the dominant family (12.7%), followed by Moraceae (6.3%), Euphorbiaceae (5.6%), Poaceae (3.5%), Sterculiaceae, Solanaceae, Rubiaceae, Apocynaceae, Arecaceae, Asteraceae, Compositae and Convolvulaceae (2.8%, respectively). Almost all of plants used as medicine are non-cultivated plants. The leaves are the most commonly used part (28.2%), followed by stem bark (24.7%), roots (18.3%), a mixture of roots, stem barks, leaves, etc. (16.9%), fruits or seeds (6.3%), heartwood (2.1%), bulbs (1.4%), and clove, rhizome and sap (0.7%, respectively). In preparing of the medicine, plant part(s) processed in a simple way as brewed or boiled to drink, boiled for bathing, mashed to the sick place of the body, refined and mixed with coconut oil to rub and massage, or just chewed to be rubbed on the affected body part. There are about 369 formulas to treat various ailments and complaints. *Garuga floribunda*, *Melia dubia*, *Hyptis pectinata*, *Jatropha curcas*, *Helicteres isora*, *Ficus hirta*, and *Melanolepis multiglandulosa* are the plants often found in various formulas of "*ai tahan*". The Tetun ethnic community of Belu, West Timor has a culture of traditional medicine that is mainly based on their local plants, and continued through generations by oral instruction. The recording and the preservation of the knowledge in the written form are necessary.

Key words: Medicinal plant, traditional medicine, Tetun ethnic group, Timor, field method.

1. INTRODUCTION

Every ethnic group community has local knowledge, such as the traditional medicine [1-6]. World Health Organization defined the term of "traditional medicine" is the summary of the knowledge, skills, and practices based on the theories, beliefs and experiences indigenous to different cultures that are used to maintain and improve health, as well as to prevent, diagnose, and treat physical and mental illnesses [7-10]. Besides, by Indonesian Government Regulation No. 102/2014 on Traditional Health Services, the traditional drug is an ingredient in the form of plant, animal, and mineral materials, *galenic* formulas, or mixtures of these materials that historically used for treating many diseases and injuries.

For thousands of years, plants have become an important part of a human effort to treat various diseases [11-24]. In the Timor island, native people have the knowledge of traditional medicines and use it in the prevention and treatment of diseases. An ethnic group of West Timor Indonesia which called "Tetun" dominantly lives in Kabupaten Belu and Malaka. They still use traditional medicine and often engage it in various rituals of traditional medicine. Traditional medicine practice in the Tetun ethnic group usually performed by a shaman or traditional health practitioner (traditional healer) called "*makdok*" or "*dok*" or "*dauk*", or the older people who also have the knowledge and skill about traditional medication. In the treatment practice, the traditional health practitioners often use various ingredients of herbal medicine [25, 26], called "*ai tahan*" (*ai* = tree/wood, *tahan* =

leaf; Tetun language in Belu) or “*ai fuan*” (*fuan* = fruit), or “*kwa*” (Tetun in Malaka) or “*ai moruk*” (*moruk* = bitter, bitter wood; Tetun in East Timor).

Some ethnomedicine knowledge in many indigenous communities is going to be disappeared. The ethnomedicine information is continued orally by generations and it would be faded by modern health care information [27]. Therefore, it is necessary to preserve the public's knowledge about traditional medicine, especially in the Tetun ethnic group. The effort starts from invention, utilization, cultivation, and re-excavation of the local knowledge of traditional medicine. Study of the use of plants by traditional communities is followed by the identification of its phytochemicals study, preclinical study, and clinical trial. It is an important approach to discover and develop new drug candidates from the source of traditional medicine.

2. METHOD

2.1 Study area

A research for recording the medicinal plants and traditional medicine prescriptions was performed by Simon Mali (the co-author) during 16 weeks, from April to July 1991, in 5 villages (*desa*) namely Naitimu, Lookeu, Naekasa, Tukuneno and Jenilu, in Kecamatan Tasifeto Barat, Kabupaten Belu (124°40' – 125°15' E and 8°7' – 9°23' S). The study area was located at the central of Timor Island, East Nusa Tenggara Province, Indonesia. The villages were randomly determined according to the place where the Tetun ethnic group live.

2.2 Ethnomedicinal data collection

Ethnomedicinal data were collected by means of open and semi-structured interviews, observations and documentations. The interview was designed to focus on the local names of plants, their various medicinal applications, the parts of the plant used, and the methods of preparation and administration to the patients. Eleven shamans or traditional health practitioners or traditional healers (6 men and 5 women) were involved in this study; 4 from Naitimu, 1 from Naekasa, and 2 from Lookeu, Tukuneno, and Jenilu, respectively. Selection of these traditional health practitioners was done by purposive sampling, according to the local community leaders' (village head and cultural leaders) recommendation.

3. RESULTS AND DISCUSSION

Traditional medicinal plants

The family name of the plants, vernacular names, botanical names, plants forms, plant parts used, and use of the plants in the ethnomedicine are shown in Table 1. We use the original terminology as it was presented by the informants to avoid any misinterpretation. The study revealed 142 plant species belongs to 62 families which were used for medicinal purposes by the traditional healers of the Tetun ethnic community in Kabupaten Belu. The Fabaceae/Leguminosae family is the dominant family (18 species, 12.7%), followed by Moraceae (9 species, 6.3%), Euphorbiaceae (8 species, 5.6%), Poaceae (5 species, 3.5%), Sterculiaceae, Solanaceae, Rubiaceae, Apocynaceae, Areaceae, Asteraceae, Compositae and Convolvulaceae (4 species, 2.8%, respectively). Of the total 142 species, the trees were the plant form used most frequently (71 species, 50.0%), followed by herbs (33 species, 23.2%), shrubs (18 species, 12.7%), lianas (15 species, 10.6%), ferns (2 species, 1.4%), and parasite, orchid and lichen (1 species, 0.7%, respectively).

Plant part used

According to the frequency of the plant part used, the leaves are the plant parts most commonly used (40 species, 28.2%), and then followed by stem bark (35 species, 24.7%), roots (26 species, 18.3%), a mixture of roots, stem barks, leaves, etc. (24 species, 16.9%), fruits or seeds (9 species, 6.3%), heartwood (3 species, 2.1%), bulbs (2 species, 1.4%), and clove, rhizome and sap (1 species, 0.7%, respectively). The different parts of a plant are usually used for the treatment of different ailments or disorders.

Formulation, preparation, and administration of the traditional medicine

There are about 357 types of formulas of various medicinal plant materials are used to treat more than 100 ailments and complaints. The parts of the plant are processed and used as a single material, or more common, as a mixture with the other plant material. Most of the formulas (recipes) of the traditional medicine consist of two or more plants and even found a formula that contains seven types of plants. Plants could be a major component in a formula for the treatment of an ailment or complaint and become an additional component in the formula for others. Based on the content of the various formulas of traditional medicine, it was found that *Garuga floribunda* is the most frequently found in various formulas (14 formulas), followed by *Melia dubia* (12 formulas), *Hyptis pectinata* (9 formulas), *Jatropha curcas* (8 formulas), and *Helicteres isora*, *Ficus hirta* and *Melanolepis multiglandulosa* (7 formulas of each plant).

Table 1. Plants in ai tahan formulas

Family name and vernacular name	Scientific name	Plant form	Plant part used	Use in ethnomedicine
ACANTHACEAE				
Ai matamutik tasi	<i>Barleria cristata</i>	Shrub	Roots	<i>Horak modo lakan</i> (male genital disease, swelling at the tip of the penis)
Aimatamutik	<i>Barleria prionitis</i>	Shrub	Leaves	Infected wounds
Tali manu nunun	<i>Thunbergia alata</i>	Liana	Roots	Cough with phlegm, cough with blood, bloody urine
AMARYLIDACEAE				
Kilat maromak	<i>Crinum asiaticum</i>	Herb	Bulb	<i>Beriberi</i>
ANNONACEAE				
Koke hudi	<i>Uvaria rufa</i>	Shrub	Stem bark	Heart problem, dysentery
APOCYNACEAE				
Kroti mutin	<i>Alstonia scholaris</i>	Tree	Stem bark, sap	Cough, cough with blood, boils/ulcers
Kroti metan	<i>Alstonia villosa</i>	Tree	Stem bark	Wormy, lumbago/back pain
Klitin mean	<i>Wrightia pubescens</i>	Tree	Fruits	Difficult to urinate
Klitin mutin	<i>Wrightia calycina</i>	Tree	Stem bark, leaves	Headaches, hemorrhoids
ARECACEAE/PALMAE				
Akadirun	<i>Borassus flabellifer</i>	Tree	Leaves	Nosebleed
Bet	<i>Cyrtostachys lakka</i>	Tree	Fruits	Old- or infected wounds
Tali, akar	<i>Corrypha gebanga</i>	Tree	Leaves	Asthma, cough with phlegm
Nawa, tuanawa	<i>Arenga pinnata</i>	Tree	Roots	Difficult to urinate
ASCLEPIADACEAE				
Fuka	<i>Callotropis gigantea</i>	Shrub	Roots, sap	Asthma, ulcers, heart problem, gonorrhea
ASTERACEAE				
Asukar mutin	<i>Siegesbeckia orientalis</i>	Herb	Roots	Cough with phlegm, irregular menstruation, gonorrhea
Aidois metan	<i>Hyptis pectinata</i>	Herb	Roots, stem bark, leaves	Cough, cough with blood, fever, new injuries, epilepsy
Sirikaut lotu	<i>Bidens biternata</i>	Herb	Leaves	<i>Beriberi</i>
Ai haik	<i>Erigeron sumatrensis</i>	Herb	Leaves	Wounds, hemorrhoids
BOMBACACEAE				
Kian, nitas	<i>Bombax malabaricum</i>	Tree	Fruits	Heart problem, diarrhea, rheumatism
BORAGINACEAE				
Nunak	<i>Cordia subpubescens</i>	Tree	Stem bark, leaves	Thin body after childbirth, cough with blood, chicken pox (herpes), itchy
BRYOPCEAE				
Lumut	<i>Aerobryopsis longissima</i>	Lichen	Whole plant	Gonorrhea, diarrhea
BURSERACEAE				
Feu	<i>Garuga floribunda</i>	Tree	Stem bark	Postpartum care, fever, itchy, irregular and excessive menstruation, new injuries, old wounds, diarrhea, fractures, bleeding childbirth, rheumatism
CACTACEAE				
Klatun metan	<i>Opuntea sp.</i>	Shrub	Bark	Cough with blood, gonorrhea
CAESALPINIACEAE				
Frasukten inan	<i>Cassia alata</i>	Shrub	Leaves	Postpartum care, ringworm, new injury
CASUARINACEAE				
Kakeu	<i>Casuarina junghuhniana</i>	Tree	Stem bark, roots, fruits	Cough, wormy, male genital diseases
COMBRETACEAE				
Lese, klese	<i>Terminalia edulis</i>	Tree	Stem bark	New wound, infected/old wounds
COMPOSITAE				
Fafok	<i>Blumea balsamifera</i>	Shrub	Leaves	Fever
Ai dois mutin	<i>Ageratum conyzoides</i>	Herb	Roots	Fever, new injury/wound
Kaulele	<i>Emilia sonchifolius</i>	Herb	Leaves	Wounds, cholera
Kraukidan	<i>Elephantopus scaber</i>	Herb	Roots	Lumbago/back pain
CONVOLVULACEAE				
Talifehuk kasoruk	<i>Ipomoea hederifolia</i>	Liana	Roots, leaves	Asthma, itchy, heart problem, gonorrhea
Kaboen mean	<i>Operculina turpethum</i>	Liana	Roots, leaves	Clean breast milk, bloody urine, bleeding childbirth, excessive menstruation
Talifehuk kabuar	<i>Ipomoea obscura</i>	Liana	Roots, leaves	Itchy, gonorrhea
Fehuk tasi	<i>Ipomoea pescaprae</i>	Liana	Roots	Infected wound
CUCURBITACEAE				
Kolokoen moru	<i>Gymnopetalum leucosticum</i>	Liana	Leaves	Ringworm, scabies
CYPERACEAE				
Fahifulun inan	<i>Cyperus dilutus</i>	Herb	Roots	Heart problem
DILLENIACEAE				
Buku	<i>Dillenia pentagyna</i>	Tree	Stem bark	Headache, migraine
DIOSCOREACEAE				
Kuan rahuk	<i>Dioscorea pentaphylla</i>	Liana	Bulb	Baby dies in the womb, the placenta did not come out, fracture

EUPHORBIACEAE

Manumeak lotu, renes	<i>Phyllanthus niruri</i>	Herb	Roots, leaves	Clean breast milk, bloody urine, burns
Nirok, tubi tahak	<i>Macaranga tanarius</i>	Tree	Sap, Stem bark	Ulcers, irregular menstruation, female genital diseases, constipation
Kur mutin	<i>Gelonium glomerulatum</i>	Tree	Stem bark	Fever in children, scabies, ringworm, jaundice
Badut malaka	<i>Jatropha curcas</i>	Shrub	Stem bark	Cough with blood, gonorrhea, diarrhea
Donu, kakuk lamak	<i>Melanolepis multiglandulosa</i>		Stem bark	Itching, gonorrhea, fracture
Klan, klaan	<i>Breynia cernua</i>	Shrub	Leaves	Itchy, sore eyes
Badut malaka mean	<i>Jatropha gossypifolia</i>	Shrub	Stem bark	Heart problem, dirty tongue, bleeding childbirth, excessive menstruation, blood added
Ai tahan lalek	<i>Euphorbia tirucali</i>	Tree	Sap	Scabies

FABACEAE/LEGUMINOSEAE

Krui	<i>Cassia siamea</i>	Tree	Stem bark	Cough
Kenfaek	<i>Bauhinia malabarica</i>	Tree	Stem bark	Cough, cough with phlegm, coughing with blood, ear pus/inner ear infection
Besak	<i>Acacia leucophloea</i>	Tree	Stem bark	Cough with phlegm, wounds, green snake venom antidote
Ai na	<i>Pterocarpus indicus</i>	Tree	Stem bark, sap	Postpartum care, inflammation of the gums, irregular menstruation, dirty tongue, bleeding childbirth, excessive menstruation
Sukaer	<i>Tamarindus indica</i>	Tree	Leaves	Chicken pox (herpes), gonorrhea, sore eyes, sarampa
Taun fuik	<i>Indigofera sp.</i>	Shrub	Leaves	Epilepsy
Ai fahi kaban	<i>Albizia lebeckioides</i>	Tree	Stem bark	Cramps and stiffness, injury at the breast, dysentery, fractures
Kidalu	<i>Albizia procera</i>	Tree	Stem bark	Stinky nose
Lalima wai	<i>Cassia fistula</i>	Tree	Stem bark, leaves	Stinky nose, headache, ringworm, constipation
Sakiki asu ikun	<i>Uraria lagopodioides</i>	Herb	Roots	The fetus bleed out, bleeding child birth, excessive menstruation, miscarriage
Santuku, sama tuku	<i>Albizia chinensis</i>	Tree	Stem bark	Itchy, diarrhea
Kakabar lotu	<i>Desmodium gangerticum</i>	Herb	Roots	The fetus bleed out, diarrhea
Haan fuik	<i>Phaseolus lunatus</i>	Liana	Leaves	Infected wounds
Bakuro	<i>Acacia farnesiana</i>	Shrub	Fruits	Infected wounds
Dik fuik	<i>Erythrina variegata</i>	Tree	Stem bark	Fever
Faeai matametan	<i>Adenanthera microsperma</i>	Tree	Seeds	Green snake venom antidote
Sakiki mean	<i>Flemingia strobilifera</i>	Herb	Roots	Bloody urine, lumbago, earache
Kakaut	<i>Mimosa invisa</i>	Shrub	Leaves	Cold sweat and panting breath

HYDROCARYTACEAE

Ai bilin bala	<i>Ottelia alismatoides</i>	Herb	Roots	Inflammation of the gums
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LABIATEAE

Silasi fuik	<i>Basillicum polystachyon</i>	Herb	Leaves	Clean breast milk
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Aibada	<i>Ocimum sanctum</i>	Herb	Leaves	Bloated, excessive fart
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LAURACEAE

Talihun lalek	<i>Cassytha filliformis</i>	Liana	Whole plant	Jaundice, hemorrhoids
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LENTIBULACEAE

Samodo daren	<i>Utricularia aurea</i>	Liana	Roots	Beriberi, heart problem, lumbago
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LILIACEAE

Lisamaromak	<i>Eleutherina americana</i>	Herb	Clove	Cough with blood, bloody urine, dysentery
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LOGANIACEAE

Bakumoru	<i>Strychnos ligustrina</i>	Tree	Stem bark, heart wood	Cleaning up dirty blood after childbirth
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LORANTHACEAE

Kenlulur, ai hun lalek	<i>Scurrula atropurpurea</i>	Parasite	Leaves	Headache, scabies, hemorrhoids
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LYTHACEAE

Ai samodo fuik	<i>Ammannia microcarpa</i>	Herb	Roots	Cough
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MALVACEAE

Fau	<i>Hibiscus tiliaceus</i>	Tree	Leaves	Clean breast milk, fever
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Kakuit lotu	<i>Urena lobata</i>	Herb	Roots	Heart problem
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MELIACEAE

Samer	<i>Melia dubia</i>	Tree	Stem bark, roots, leaves	Asthma, cough with phlegm, wormy, jaundice, lumbago
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MYRTACEAE

Bubur	<i>Eucaliptus alba</i>	Tree	Stem bark	Cough, cough with phlegm, stinky nose
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Koya, koiwa	<i>Psidium guajava</i>	Tree	Leaves	Influenza, gonorrhea, dysentery, diarrhea
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Ai siba, ai we	<i>Eugenia sp.</i>	Tree	Leaves	Body weakness, easy to sick
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MORACEAE

Salur	<i>Ficus callosa</i>	Tree	Stem bark	Asthma, infected wounds at the heads of the children
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Hali muti	<i>Ficus retusa</i>	Tree	Roots	Heart problem, hemorrhoids
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Hali mean	<i>Ficus nitentifolia</i>	Tree	Roots	Chronic fever
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Mamumus	<i>Ficus septica</i>	Tree	Leaves	The fetus bleed out, diarrhea
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Mahar, kmahar	<i>Ficus variegata</i>	Tree	Stem bark	Gonorrhea
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Kanuku, kenuku	<i>Ficus pubinervis</i>	Tree	Stem bark	New wound/injury
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Baulenu	<i>Ficus hispida</i>	Tree	Stem bark	Dysentery
Kun	<i>Ficus glomerata</i>	Tree	Leaves	Diarrhea
Ai buan liman	<i>Ficus hirta</i>	Tree	Leaves, Stem bark	Fever, body weakness, gonorrhoea, constipation, blood added
MUSACEAE				
Hudi fafuik	<i>Musa sp.</i>	Herb	Stem	Beriberi, fever, new injury
ORCHIDACEAE				
Santouk feton	<i>Dendrobium affine</i>	Orchid	Leaves	Insane
OXALIDACEAE				
Moat nu	<i>Biophytum sensitivum</i>	Herb	Leaves	Fever in children
Moat timak	<i>Oxalis corniculata</i>	Herb	Leaves	Swelling and sores on the tip of the toes and fingers
PANDANACEAE				
Hedan fuik	<i>Pandanus tectorius</i>	Tree	Roots	Horak hudi dubun (female genital disease, swelling and injury at the clitoris)
PAPILIONACEAE				
Tuhak rekas	<i>Derris elliptica</i>	Liana	Stem bark	Itchy, scabies
Kada	<i>Mucuna pruriens</i>	Liana	Stem, sap	New wound
Aibua	<i>Desmodium tricentrum</i>	Herb	Leaves	Back pain/lumbago
PIPERACEAE				
Fuik matebian	<i>Piper sp.</i>	Liana	Leaves	Cramps and stiffness
Kunus alete	<i>Piper cubeba</i>	Liana	Leaves	Itchy, sore eyes, diarrhea, rheumatism
PITTOSPORACEAE				
Ai fetofouk, fetofouk	<i>Pittosporum timorense</i>	Tree	Stem bark	Beriberi, diarrhea
POACEAE				
Au fui	<i>Bambusa spinosa</i>	Shrub	Roots	Wormy
Fafoek	<i>Saccharum spontaneum</i>	Herb	Leaves, roots	Itchy, diarrhea
Lanok	<i>Themeda gigantea</i>	Herb	Roots	Insane
Ikiri	<i>Andropogon aciculatus</i>	Herb	Roots	Centipede- and millipede- antidote
Hae manlain	<i>Imperata cylindrica</i>	Herb	Roots	Back pain/lumbago
POLYPODIACEAE				
Manliras	<i>Drynaria quercifolia</i>	Fern	Leaves, stem	Asthma, fever
Bibirusan dikur	<i>Platyserium bifurcatum</i>	Fern	Leaves	Fever with headache
PONTEDERIACEAE				
Talas ran	<i>Monochora vaginalis</i>	Herb	Stem	Inflammation of the gums
RHAMNACEAE				
Fahilun	<i>Zyzyphus timorensis</i>	Tree	Stem bark	Cough, cough with phlegm
Ai tabako	<i>Pithecellobium junghuhnianum</i>	Tree	Leaves	Stinky nose
Kakehi, kabuka	<i>Zyzyphus mauritiana</i>	Tree	Leaves	Heart problem
RHIZOPHORACEAE				
Leon, fuk bada	<i>Carallia brachiata</i>	Tree	Leaves	Fever accompanied by cough
Bakat	<i>Rhizophora stylosa</i>	Tree	Roots	Horak hudi dubun
ROSACEAE				
Ai besi kulit maar	<i>Parinarium corymbosum</i>	Tree	Stem bark	New wound
RUBIACEAE				
Kabanase	<i>Wendlandia burkilli</i>	Tree	Stem bark	Thin body after childbirth, cough with blood, fever, irregular menstruation, heart problem
Kafiru modok	<i>Nauclea orientalis</i>	Tree	Stem bark	Cough with phlegm
Katimun, ketimun	<i>Guettarda speciosa</i>	Tree	Leaves	Nosebleed, green snake venom antidote
Kafiru mutin, kafiru manen	<i>Nauclea orientalis</i>	Tree	Stem bark	The fetus bleed out, bleeding childbirth, excessive menstruation
RUTACEAE				
Asderok, aslerok	<i>Atalantia trimera</i>	Shrub	Leaves	Old- or infected wounds
Dilafatu	<i>Aegle marmelos</i>	Tree	Stem bark, leaves	Horak abano (female genital disease, women genital disease, swelling and injury at the labia mayora), green snake venom antidote
SAMYDACEAE				
Ai batar, abatar	<i>Casseearia moluccana</i>	Tree	Fruits	Heart problem
SANTALACEAE				
Kamelin	<i>Santalum album</i>	Tree	Stem bark, leaves	Postpartum care, itchy, new wounds, earache
SAPINDACEAE				
Sukabi	<i>Schleichera oleosa</i>	Tree	Seeds, leaves, stem bark	Itchy, constipation, bleeding childbirth, excessive menstruation
SOLANACEAE				
Kaut matakmodok	<i>Solanum melongena</i>	Herb	Fruits	Toothache, ringworm, jaundice
Babotek	<i>Datura metel</i>	Shrub	Fruits	Horak abano, scabies
Kaut alas	<i>Solanum torvum</i>	Herb	Fruits	Scabies
Kaut bibisusun	<i>Solanum mammosum</i>	Herb	Roots	Rheumatism
STERCULIACEAE				
Te dulis	<i>Helicteres isora</i>	Shrub	Roots, leaves,	Cough, cough with blood, goiter, diarrhea

Ai niitaen, niitaen	<i>Sterculia urceolata</i>	Tree	fruits	
Aibano, abano, nitas	<i>Sterculia foetida</i>	Tree	Leaves	Body weakness, easy to sick
Faulor	<i>Kleinhovia hospita</i>	Tree	Stem bark	<i>Horak abano</i>
TILLIACEAE				
Ai turis	<i>Elaeocarpus sp.</i>	Tree	Leaves	Migrain
Lenok, kalenok, kanino	<i>Grewia koodersiana</i>	Tree	Stem bark	Bloody vomit
Krau matan	<i>Elaeocarpus petiolata</i>	Tree	Leaves	Chickenpox (herpes), headache
ULMACEAE				
Ai besi kulit niis	<i>Celtis wightii</i>	Tree	Stem bark	Old- or infected wounds
Ai te	<i>Celtis cinnamomea</i>	Tree	Heart wood	Insane
UMBELIFERAE				
Aimata uat	<i>Centella asiatica</i>	Liana	Leaves	Wound at the breast
URTICACEAE				
Rame dian	<i>Pipturus argenteus</i>	Tree	Roots	Chilled fever
VERBENACEAE				
Ai tasik, kwetan	<i>Vitex negundo</i>	Tree	Leaves	<i>Panas dalam</i> (hot in the body), weakness after childbirth, rheumatism
Fulis manen	<i>Vitex pubescens</i>	Tree	Leaves	Itchy
Ai sui sai, tateka	<i>Lantana camara</i>	Shrub	Leaves	New wound/injury
VITACEAE				
Ai darek losuk	<i>Leea aequata</i>	Herb	Roots	Swelling and injuries to the thigh slit
ZINGIBERACEAE				
Kinur	<i>Curcuma domestica</i>	Herb	Rhizome	Sprains, whiplash, burns, scalded, fractures

People of the Tetun ethnic group in West Timor have a local knowledge of traditional medicine to prevent, cure, and maintain many diseases. This local knowledge is developed by their experience in dealing with various diseases and other health problems in their life. The main component of the traditional medicine of the Tetun ethnic is medicinal plants. This is in line with the term "*ai tahan*" (leaf) or "*ai fuan*" (fruit/seed) which they use to call "medicine". The choice of using specific plant is based on the past generation's knowledge.

Medicinal plants are prepared in various formulas (recipes) which are obtained from their native area. Almost all the plants used as the medicine are wild type taken from the nearest forest, except *Areca cathecu*, *Piper sp.* and *Musa sp.* The Tetun ethnic people believe that the wild plants are more effective than the cultivated plants [1].

Some medicinal plants used in the traditional medicine of the Tetun ethnic group are also known and used elsewhere in Indonesia. The plants are used to treat some diseases or ailments as other ethnics do, but there are some differences. The differences are correlated to the people's experience in dealing with various diseases and other health problems before, and also by the content of the pharmacologically active metabolites of plants which are different resulted from the growth place [28,29].

4. CONCLUSIONS

Tetun ethnic group in West Timor has a local knowledge of traditional medicine that was mainly based on local (native) plants. The traditional medicine culture is performed by traditional healers, but it is on disappearing process as an impact of modernization. It is only orally transmitted rather than written. It is important to record the Tetun traditional medicine to continue its existence.

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